

LEARN TO SWIM CLASSES

Herndon Parks and Recreation Department is excited to offer swim classes in our indoor heated pool.

Registration for TOH is ongoing and NR starts 11/11.



We care about the health, well-being, and safety of each individual and the community at large. We're exercising precautions to ensure the health and safety of all students by following the CDC and fitness industry guidelines related to preventing the spread of COVID-19.

Preschooler 1 Age 3-5

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. Child's first water experience without parent.

8, 30 minute classes no class 11/25
M/W 1:00-1:30pm 11/16-12/14 \$72 / \$96 202100.10

Preschooler 2 Age 3-5

Preschooler 2 students can comfortably put their face in the water and demonstrate water orientation skills. The class focuses on unsupported front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. Previous water experience required.

8, 30 minute classes no class 11/25
M/W 1:45-2:15pm 11/16-12/14 \$72 / \$96 202200.10

Preschooler 3 Age 3-5

Preschooler 3 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke and treading water. Instruction in swimming in deep water and basic water safety rules.

8, 30 minute classes no class 11/25
M/W 2:30-3:00pm 11/16-12/14 \$72 / \$96 202300.10

Preschooler 4 Age 3-5

Preschooler 4 students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, elementary backstroke, breaststroke, treading water and diving from seated and kneeling positions. Instruction in swimming in deep water and basic water safety rules.

8, 30 minute classes no class 11/25
M/W 3:15-3:45pm 11/16-12/14 \$72 / \$96 202400.10



Register:

herndonwebtrac.com

herndon-va.gov/recreation

703-787-7300

Swim 1 Age 6-12

Designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

8, 30 minute classes no class 11/26

Tu/Th 5:00-5:30pm 11/17-12/15 \$72 / \$96 203110.11

Swim 2 Age 6-12

This class builds on the fundamental skills learned in Swim 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back, and increased safety skills.

8, 30 minute classes no class 11/26

Tu/Th 5:45-6:15pm 11/17-12/15 \$72 / \$96 203210.11

Swim 3 Age 6-12

Coordination of front and back crawl, elementary backstroke, rotary breathing, treading water and basic rescue skills are taught. Swimming in deep water is introduced.

8, 30 minute classes no class 11/26

Tu/Th 6:30-7:00pm 11/17-12/15 \$72 / \$96 203310.11

Swim 4 Age 6-12

Students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl and breaststroke.

Diving skills are introduced.

8, 30 minute classes no class 11/26

Tu/Th 7:15-7:45pm 11/17-12/15 \$72 / \$96 203410.11



Swim Lessons Protocol at the Herndon Community Center

- For all youth classes, one parent per family may be in the pool area and social distance on the bleachers in the pool area. If a parent is not available to be onsite for the duration of the lesson, the child will be unenrolled. If a child is unable to follow directions or maintain physical distance, parent/guardian will be asked to remove child from lesson.
- Physical distancing is required both in the pool and on the deck.
- Classes are scheduled with a gap between them to allow for physical distancing when entering and exiting the pool.
- All equipment is cleaned and disinfected before and after each class.
- Equipment will not be shared between participants, and instructors will avoid contact with the equipment during the class.
- Hand-sanitizing stations available onsite.
- Class instructors required to wear face shield and follow CDC guidelines.
- Class size is limited to four (4) participants per Preschool and Level classes to ensure safe physical distancing.
- Credits/refunds will be provided for missed classes with minimum 2-hour notice due to personal or household COVID symptoms.
- Each participant will be asked a series of health screening questions each class (verbally or in writing).
- Enroll early. Minimum registration of three (3) students must be reached 48 hours prior to the scheduled class, and maintained throughout the duration of the session, or the class will be cancelled.